

- May 25 **Warbler Woods** ▲
 Small car park at
 1560 Commissioners Rd W
 just south of Oxford St.
 Overflow street parking on
 Chestnut Hill
- June 1 **Thames River South Branch**
 Chelsea Green Park
 1 Adelaide St S
- June 8 **Meadowlily Woods** ▲
 City Wide Sports Park
 1610 Commissioners Rd E
 East of Highbury Ave
- June 15 **Euston Park** ▲
 Park in the lot at
 Southcrest pool
 10 Hazelwood Ave.
- June 22 **Thames Park**
 15 Ridout St S
- June 29 **Sifton Bog Natural Area** ▲
 Hazelden Park
 on the west side of
 Hyde Park Rd
 north of Riverside Dr



▲ = Hilly trail

Walks begin at 9 am
Please arrive 15 minutes early
to sign in

For more information see the
 Thames Valley Trail Association (TVTA)
 website www.tvta.ca

or contact the TVTA
 Saturday Morning Walk Volunteer
 John Clark at (519) 641-0442

Look for the TVTA on Facebook and
 Twitter



Saturday Morning Walks

**Winter / Spring 2019
 Schedule**

**Brought to you by
 Thames Valley Trail Association**



Come Hike With Us!

Saturday Morning Walks Winter / Spring 2019 Schedule

Each walk will begin at 9:00 a.m. from the meeting place listed and will take approximately **one hour**. All walks are free. Come on out and enjoy walking the beautiful trails and parks within the City of London.

Families with children are welcome but please note that most of the trails are too rugged for strollers.

Dress appropriately for the weather and wear good boots as there may be mud, roots, or rocks. The walks marked with ▲ indicate that they can be **quite hilly**.

Please leave dogs at home.

Walking can be an enjoyable way to add some physical activity to your day.

Benefits of walking include:

- Better health
- Weight control
- Feeling more energetic
- Stronger muscles and bones
- Improved fitness
- Relaxation and reduced stress
- Improved posture and balance
- Improved sleep
- Discovering local trails

Walking is a natural way to stay active and best of all – it feels great! If you have not been active recently talk to your doctor before starting a new physical activity program.

Jan. 5	Highland Woods Basil Grover Park 555 Wharncliffe Rd S
Jan. 12	Cavendish Trail West Lions Park 20 Granville St behind Kinsmen Arena
Jan. 19	Thames River South Branch Park East End ▲ Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd
Jan. 26	Gibbons Park Car park at the west end of Victoria St next to 29 Victoria St.
Feb. 2	Attawandaron Trail ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate
Feb. 9	Westminster Ponds ▲ Behind the Information Centre 696 Wellington Rd

▲ = Hilly trail

Feb. 16	Springbank Park West 1205 Commissioners Rd W West end parking lot
Feb. 23	Medway Creek ▲ Springett Lot upper car park from Western Road: <i>going north</i> - turn west/left at first stop light past Brescia College entrance. <i>going south</i> - turn west/right at stop light immediately past Huron College.
Mar. 2	Thames River North Branch North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right
Mar. 9	Talbot Village Wetland Meet in the SW corner of the parking lot at Colonel Talbot and Southdale Road 3030 Colonel Talbot
Mar. 16	The Coves Greenway Park 50 Greenside Ave First car park on right
Mar. 23	Kilally Meadows East end of Windermere Rd East of Adelaide St
Mar. 30	Medway Valley ▲ East end of Gainsborough Rd East of Wonderland Rd

▲ = Hilly trail

Apr. 6	Kiwanis Park Car park behind mall 1551 Dundas St E at First St
Apr. 13	Kains Woods ▲ Meet at corner of Kains Rd and Westdel Bourne Park on north end of Westdel Bourne (north of Oxford)
Apr. 20	Elsie Perrin Williams Estate ▲ 101 Windermere Rd West of Western Rd
Apr. 27	Springbank Park East Springbank Gardens 205 Wonderland Rd S Lower car park
May 4	Somerset Woods ▲ Car park at Byron Optimist Sports Complex 431 Boler Road
May 11	Harris Park Greenway Park 50 Greenside Ave First car park on right
May 18	Reservoir Park ▲ 869 Commissioners Rd W

▲ = Hilly trail